



GANDHAKA KALPAS W.S.R TO AYURVEDA PRAKASHA - A REVIEW

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ABSTRACT

Introduction: Ayurveda Prakasha is an authentic text of 16-17 century AD in the field of Ayurveda that deals with in-depth description of rasa dravyas. Dwitiya adhyaya of this text has detailed description of Gandhaka kalpas. In total 14 Gandhaka kalpas have been described. Gandhaka kalpas are unique formulations which contains Gandhaka (Sulphur) as main ingredient along with other drugs. **Methodology:** A review was done on the Gandhaka kalpas mentioned in Ayurveda Prakasha text. Each Gandhaka kalpa were analyzed, summarized and arranged in a systemic order. **Observations:** There are 14 Gandhaka kalpas found in Ayurveda Prakasha with different description differs in their methodology, dose, duration, etc. Those were screened for better understanding. **Discussion:** As Shuddha Gandhaka is madhura (sweet)-katu (pungent)-tikta (bitter) rasa, ushna veerya (hot potency), katu vipaka (pungent) and Rasayana (rejuvenation) in nature, it may have add on effect in curing diseases which is explained in each Gandhaka kalpa and also by the properties of other drugs. Each Gandhaka kalpa has its specific indications to make the individual free from diseases and to make one live longer. This article is about understanding each Gandhaka kalpas mentioned in Ayurveda Prakasha in a systematic manner for better understanding.

KEYWORDS: Ayurveda Prakasha, Gandhaka kalpas, Gandhaka, Rasayana.

INTRODUCTION

Ayurveda Prakasha is an authentic text of 16-17 century AD in the field of Ayurveda. The text has 6 chapters in total named Adhyayas written by Acharya Sri Madhava, edited with Arthavidyotini and Arthaprakashini Sanskrit and Hindi commentaries by Vaidya Vachaspati Shree Gulrajsharma Mishra. Dwitiya adhyaya of this text has detailed description of Uparasa starting from the Gandhaka.^[1] Gandhaka identified as Sulphur has madhura-katu-tikta rasa, ushna veerya, katu vipaka and Rasayana in nature.^[2] In total 14 Gandhaka kalpas have been described. Gandhaka kalpas are unique formulations which contains Gandhaka as main ingredient along with other drugs. It further deals with the Gandhaka kalpas and its utility in the management of various ailments. Each Gandhaka Kalpa has its unique description with proper explanation. This review is on kalpas of Gandhaka mentioned in Ayurveda Prakasha with their description for better understanding.

MATERIALS AND METHODS

A review was done on the Gandhaka kalpas mentioned in Ayurveda Prakasha text. Each Gandhaka kalpa were analyzed, summarized and arranged in a particular order. These kalpas need to be understood from the point of its

formulations, duration, dose, anupana (adjuvant), pathya (diet) and apathya for better perception.

OBSERVATIONS AND RESULTS

Gandhaka kalpas are the formulations which contains Gandhaka as a main ingredient along with other drugs. There are 14 Gandhaka kalpas found in Ayurveda Prakasha with different description differs in their methodology, dose, duration, etc. Gandhaka kalpa explanation is found in the text after the description of Gandhaka utpatti, paryaya, swarupa, lakshana, shodhana vidhi.

Description of gandhaka kalpas

- Prathama gandhaka kalpa:**^[3] First Gandhaka kalpa starts with the explanation of removal of Gandhaka odour from it. Gandhaka is made into powder form and boiled in milk till Gandhaka attains solid consistency. Later, it is boiled with soorajmukhi (sunflower) pushpa rasa followed by triphala kwatha [Amalaki (*Embllica officinalis*), Haritaki (*Terminalia chebula*), Bibhitaki (*Terminalia bellerica*)] in mild fire. With this process Gandhaka becomes odour free. Processed Gandhaka in this way if taken along with triphala

churna, ghee, bhringaraja (*Eclipta prostrata*) swarasa and honey in the dose of one shaana (3gm), person attains eyesight like that of an eagle, gains disease free health with increased lifespan. During this one should consume milk and rice as pathya (diet).

2. **Dwitiya gandhaka kalpa:**^[4] If Shuddha Gandhaka powder is taken in one nishka pramana (2.5-3gm) with milk for a month, it results in the increase of courage and potency. If this is consumed for six months then it cures all diseases, improves eyesight, causes longevity and one attains good looking body.
3. **Tritiya gandhaka kalpa:**^[5] Five pala (240gm) of Shuddha Gandhaka powder is given bhavana with 15 pala of bhringaraja swarasa later it is consumed with one pala of each with haritaki, honey and ghee along with five pala of Gandhaka daily for two months leads to youthfulness in old.
4. **Chaturtha gandhaka kalpa:**^[6] When a person consumes one karsha (12gm) of Shuddha Gandhaka churna along with tilataila (Sesamum indicum) everyday early morning by taking hot water bath gets free from paama (scabies) in 21 days. If Gandhaka is taken daily by following pathya one becomes free from sorrows and diseases.
5. **Panchama gandhaka kalpa:**^[7] If wise individual consumes Shuddha Gandhaka mixed with equal quantity of pippali (*Piper longum*) churna taken along with taila or Shuddha Gandhaka mixed with equal quantity of Haritaki churna taken along with taila gets rid of paama and all types of pain. In this kalpa, no strict rule is employed to follow pathyaapathya while taking Gandhaka.
6. **Shashto gandhaka kalpa:**^[8] 1/16th part of trikatu [Pippali (*Piper longum*), Maricha (*Piper nigrum*), Shunti (*Zingiber officinale*)] is added with 1 part of Shuddha Gandhaka and is spread in a cloth of 1 aratni dimension then it is rolled like a wick and tied later immersed in tilataila for 1 prahara (3 hours). Then ignite the cloth in which Gandhakayukta oil gets collected drop by drop which is named as Gandhaka Druti. 3 drops of above said liquefied Gandhaka is mixed with 1 valla (300mg) of purified mercury in a betel leaf using finger and that should be consumed along with the leaf results in good digestive fire capacity, helpful in kshaya (pthisis), pandu roga (anemia), kasa, shwasa, shoala (pain), grahani and aama.
7. **Saptama gandhaka kalpa:**^[9] Shuddha Gandhaka is given 3 times bhavana with cow's milk then with chaturjataka [Twak (*Cinnamomum zeylanicum*), Patra (*Cinnamomum tamala*), Ela (*Elettaria cardamomum*), Nagakesara (*Mesua ferrea*)], guduchi (*Tinospora cordifolia*), haritaki, bibhitaki, amalaki, shunti, bhringaraja either with swarasa or kwatha of mentioned drugs in each 8 times. After getting it in a powder form it is added with equal quantity of sugar and taken. This is termed as Gandhaka Rasayana which is named as Sarvotthama Gandhaka Kalpa. This has to be consumed after one getting proper shodhana for his body to notice better result in a dose of 1 karsha. It alleviates dhatukshaya (tissue wasting), 20 types of prameha (increased frequency and turbidity of urine), agnimandya (digestive impairment), shoolaroga (pain), 18 types of kushta (diseases of skin) and kshaya roga (pthisis). Results in increase of potency, dhatupushti (tissue nourishment), strength, agnideepana (kindling of digestive fire). Pathya to be followed is meat of Jaangala desha and goat. Apathya are salt, sour, dicotyledons, coitus during intake of this Rasayana.
8. **Ashtamo gandhaka kalpa:**^[10] Kajjali is made out of Shuddha Gandhaka and Parada then triphala, guggulu (*Commiphora mukul*), are added with eranda taila (*Ricinus communis*) and grounded to made into pill form by taking all drugs in equal quantity. If this is taken for a month it cures arsha (piles), bhagandara (fistula-in-ano), shleshma vikara (disorders due to kapha dosha). If taken for six months one becomes powerful like that of God, gets rid of greyhair, weaker vision, mobile tooth and results in good hair growth, increase in potency, individual attains youthfulness, more strength, eyesight as that of an eagle, individual stands next to Lord Shiva and person stool and urine has the capacity to transmute copper into gold.
9. **Navamo gandhaka kalpa:**^[11] Shuddha Gandhaka 1 pala and Shuddha Parada ½ pala is grounded for a day using Kumari (*Aloe vera*) swarasa then made into bolus form placed in crucible then incinerate and stored. This is taken along with honey and ghee daily for a month cures old age and poverty.
10. **Dashamo gandhaka kalpa:**^[12] Equal quantity of triphala, shuddha gandhaka, bhringaraja are grounded together and consumed along with ghee and honey for a period of a year, individual lifespan extends till Sun, Moon, Stars exists.
11. **Ekadasho gandhaka kalpa:**^[13] 1 pala (48gm) of Shuddha Gandhaka taken internally along with milk everyday for a period of 1 year, one lives forever with divinity.
12. **Dwaadasha gandhaka kalpa:**^[14] Shuddha Gandhaka and maricha one part each along with six parts of triphala are grounded using aragvadamoola (*Cassia fistula*) swarasa and taken internally. This cures all diseases.

13. **Trayodasha gandhaka kalpa:**^[15] This kalpa is specially indicated for kandu (itching) and other skin disorders. Shuddha Gandhaka is grounded into paste form by adding aragvadamoola swarasa and applied over body. It cures itching, kushta, paama and other skin disorders.
14. **Chaturdasha gandhaka kalpa:**^[16] Shuddha Gandhaka in the quantity of 2 nishka is taken internally along with tilataila followed by applying paste of maricha, taila, apamarga (*Achyranthes aspera*) kwatha with Gandhaka all over the body as lepa. Then the person is made to expose himself to hot Sun and only rice and buttermilk is given to him in the third quarter of the day and asked him to expose himself to fire heat during night time. On the next day morning he must use the buffalo's dung to apply all over his body followed by cold water bath to get rid of paama, kandu (itching), kushta (diseases of skin).

DISCUSSION

Gandhaka kalpas are explained after the description of shodhana of Gandhaka and shodhita Gandhaka are used for the kalpas infers Shodhita Gandhaka properties has major contribution in showing efficacy of the kalpas. As Shuddha Gandhaka is madhura-katu-tikta rasa, ushna veerya, katu vipaka and Rasayana in nature it may have add on effect in curing of diseases. Other drugs, like triphala kwatha, bhringaraja swarasa, etc. used as either bhavana dravyas or during processing of kalpas exhibit synergistic action to the formulation. These Gandhaka kalpas has common indications in skin diseases, improving eyesight, lifespan and in correction of agni due to the influence of properties of Gandhaka itself being Rasayana, Chakshushya, etc. and also by the properties of other drugs. Pathyaapathya are to be followed during Gandhaka kalpa sevana kaala to get better result and to avoid ill effects out of it. Particular dose is mentioned for kalpas incase of internal administration with suitable anupana to facilitate proper action over a period of time. Each Gandhaka kalpa has its specific indications to make the individual free from diseases and to make one live longer. Saptama Gandhaka Kalpa is mentioned as sarvottama (best) among all Gandhaka kalpas may be due to its overall action being named as Gandhaka Rasayana.

CONCLUSION

Gandhaka kalpas mentioned in Ayurveda Prakasha are unique formulations of Gandhaka mainly aims at making an individual live longer without diseases. These 14 kalpas has disease specific indications with proper explanation of usage. Gandhaka being Rasayana with other properties along with other drugs makes the formulations to act better with proper dose, anupana and duration of administration. This throws a light on clinical validation of these kalpas for their efficacy and the proper usage results in better action of the kalpas.

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